In most regions of the world, complications of cardiovascular diseases (CVD) are the leading cause of death in adults. There is currently a significant variability in the incidence of CVD mortality across countries.
The aim of this review is to analyze trends in CVD mortality across 12 world regions from 1990 to 2022, as well as to assess differences in CVD mortality depending on countries' economic development and the role of various risk factors (RF).
Methods. Data from the Global Burden of Disease, Injuries, and Risk Factors research group were used. CVD mortality was analyzed across eighteen specific CVD conditions. Each relevant epidemiological metric was assessed for 23 age groups, ranging from birth to 95 years and older; for males, females, and both sexes combined, from 1990 to 2022. The material for this article was gathered from peer-reviewed publications indexed in PubMed, eLIBRARY.RU, CyberLeninka, and other research platforms from 2016 to 2024.
Results. An analysis of age-standardized CVD mortality rates across different global regions revealed a range from 73.6 per 100,000 in the high-income Asia-Pacific region to 432.3 per 100,000 in Eastern Europe in 2022. Overall, between 1990 and 2022, there has been an average 38.5% reduction in CVD mortality across 12 global regions. The analysis also examined differences in CVD mortality by the level of a country's economic development and the role of various RF.
Conclusion. Over recent decades, there has been a global decline in CVD mortality, with more significant progress observed in regions with high levels of economic development compared to low-income countries. Public health policy should focus on the most impactful risk factors in specific country groups.